

Regular Habits Produce a Beautiful Complexion

Daily elimination rids the system of poisons.
Women should realize that!

MANY women complain daily of their complexion, of their headaches and general ill health, little realizing that the trouble is constipation. Women, too, are much more subject to such congestion than men, and much more careless of it. The result is seen in lusterless, weary eyes, in sallow, pimply complexion, in lassitude, bad breath, and in that word so often used, "indisposed."



that make it advisable to always have a bottle in the home. It is free from narcotics and safe for the tiniest baby.

At the first sign of these symptoms the wise woman will take a laxative, and will see that the young girl and others in her care do likewise. Dr. Caldwell's Syrup Pepsin is the favorite with thousands of women because it is mild and gentle in its action and in the end trains the stomach and bowel muscles to do their work naturally without the aid of medicine.

This combination of simple laxative herbs with pepsin, which can be bought at any drug store, is also a very sterling first-aid in colds, fevers and other sudden ills.

In spite of the fact that Dr. Caldwell's Syrup Pepsin is the largest selling liquid laxative in the world, there being over 6 million bottles sold each year, many who need its benefits have not yet used it. If you have not, send your name and address for a free trial bottle to Dr. W. B. Caldwell, 511 Washington St., Monticello, Illinois.

THETFORD

Ralph H. Palmer and Ruth M. Cadwell Married.

Two of Thetford's young people, Ralph H. Palmer and Ruth M. Cadwell, were married at the parsonage Thursday evening, Jan. 29, by Rev. F. W. Bates. The groom is the son of Mr. and Mrs. H. B. Palmer. He returned last summer from three years' service in the navy. The bride is the oldest daughter of Mr. and Mrs. L. M. Cadwell. She graduated in the class of 1917 at Thetford academy and spent the following years in an office at Weburn, Mass. She is teaching this year at East Thetford.

Mrs. Max Hill was called suddenly to New York Tuesday by the illness of her mother.

Miss Howe, domestic science teacher at the academy, is on the sick list.

Mrs. Frances Sanborn is boarding with Mrs. C. A. Jenkins while convalescing from the whooping cough.

Mrs. Eliza Batehouse went to Boston Wednesday to visit her daughter.

Catarrh Germs

Move Out When Hyomei Moves In

No stomach aches, Hyomei is made chiefly of oil of eucalyptus taken from the eucalyptus forests of inland Australia, and combined with other excellent antiseptics.

In inland Australia the atmosphere is laden with catarrh germs, and the eucalyptus trees that grow there do not thrive, and in consequence cough, cold, catarrh and other nose and throat affections are practically unknown.

Breaths Hyomei and get the same pleasant germ-killing effect as you would get in the eucalyptus forests.

Hyomei is sold by druggists everywhere and by the Red Cross Pharmacy on a guarantee of satisfaction or money refunded.

MI-ONA
Ends indigestion
It relieves stomach misery, sour stomach, belching and all stomach diseases of money back. Large box of tablets 60 cents. Druggists in all towns.

Little Willie.

Little Willie was entertaining the visitor till his sister was ready.

"I say," asked Willie presently, "are you engaged to my sister, or are you not?"

"I am—am not," answered the caller, blushing, "but I would like to—be—"

"Come out from behind that door, Mary," called Tommy. "I know I'd earn that quarter."—Exchange.

His Liberality.

"Ain't the guy that married Rosamond sort of a tightwad?" asked Heloise of the rapid-fire restaurant.

"Gosh, no!" returned Claudine, of the same establishment. "Why, he borrowed every cent she's saved up and spent it in three days."—Kansas City Star.

Concerning Epidemics

In Epidemics the germ fastens most readily on fruitful soil—a system that is in poor condition.

Stoppage of food waste, and the resulting decay, generates poisons which are absorbed by the blood, lowering its power of resistance to withstand the attack of outside germs such as influenza.

In plain terms, constipation encourages Epidemics.

If you keep your intestinal passage clear and functioning regularly to get rid of this waste, your system will be kept in good condition to successfully cope with disease germs to which you may be exposed.

That is what the Nujol Treatment does—without straining, and without drawing on the vitality of other parts of the body, as do other forms of treatment.

In plain terms, Nujol discourages constipation and its dangerous consequences.

Keep your body clean inside with the Nujol Treatment. It is the best possible Sickness Prevention.

Nujol is sold by all druggists in bottles bearing the Nujol Trade Mark. Beware of products represented to be "the same as Nujol." You may suffer from substitutes. Address Nujol Laboratories, Standard Oil Co. (New Jersey), 30 Broadway, New York, for valuable health booklet, free, "Thirty Feet of Danger."

EAST BETHEL

Village Without Lights for Over Two Weeks.

We have had no street lights for over two weeks, as there is no water to run the electric plant.

J. H. Buck has returned to Franklin, N. H., after spending a few days at his home here.

The kids are having great sport sliding, and evenings the older ones are improving. The warmer weather and good sliding got out a crowd.

Mr. and Mrs. Hudson, who were boarding the men that work in the last block business, have gone, and the men have moved up to South Randolph.

A good many around here are out of water on account of the cold weather and a shortage of water.

Miss Ruth Dodge is not able to go to school. She does not seem to get over the jaundice very well.

Steele's orchestra played in Sharon last Friday night. Ransom Buck thought it a little cold riding up the river at 3 o'clock in the morning with the thermometer at 40 below zero. They go to Chelsea one night this week.

Arthur Churchill has finished work at the creamery, where he has worked for over two years.

Carrie Godfrey of South Royalton is suffering with the influenza. She lived here a number of years and her old friends are sorry to hear of her illness. Robert Rich is quite poorly, suffering with heart trouble. He is 80 years old.

"RIGHT THERE"

WITH THE MONEY

Allen K. Moore Tells in Newberry Trial How the Money Was Spent to Influence Votes.

Grand Rapids, Mich., Feb. 6.—Allen K. Moore, first of the indicted men to testify, was called to the stand by the government in the Newberry election conspiracy trial today. Moore pleaded guilty at first to four of the six counts and not guilty as to the others. He changed this to "nolo contendere" on Jan. 30. Moore said R. Frank Emory, at King's orders, gave him \$100 for expenses. On his second meeting with King, Moore said he agreed with the Newberry campaign manager on a salary of \$75 a week. The witness said that through Dr. W. H. Smith, Jr., at Muskegon, he met George R. Murray, head of a railroad men's relief association and publisher of the organization's magazine. He arranged with Murray for letters of introduction to many railroad men.

"Were you given anything besides letters to take to these men?" asked Frank C. Daily, assistant attorney general.

"Yes," said Moore. "I said these men could not be expected to work for nothing in distributing literature and he gave me \$500 in cash to pay them."

Moore said he gave Jack Murray of Detroit \$250 in connection with visits to railroad men and factory workers. At Port Huron he gave \$40 or \$50 to Alex Murray, a brother of Jack. At Saginaw a "man named Pickney" was given \$25.

George Copeland, a baggage man at Saginaw, received \$75 in several payments. He said Dr. Smith was "right there" when he gave out this money.

The "Discontented" Farmer.

From the answers of 40,000 farmers to a questionnaire sent out by the post-office department the inference is drawn that a widespread spirit of discontent exists among the farming population of the country which threatens to manifest itself in a deliberate curtailment of production. Farmers are represented as harassed by the cost and short supply of labor and disatisfied with the age of labor and disatisfied with the large profits of middlemen. They want better facilities for reaching the consumer directly and complain of the drift of man-power away from the farm to the city.

Apparently the questionnaire is just about as significant of general farming conditions and as conclusive as to results as a straw vote for the president taken on a railroad train or in a theatre. Some farmers, no doubt, are discontented with their share of the profits of production, many of them have difficult problems of labor to solve and many more have had to combat a combination of urban with rural life which has been "depopulating" the famous for a generation.

Yet in spite of these troubles the average American farmer is to-day more prosperous than ever before. His work yields better rewards under less onerous conditions, he is able to market his products near enough to some city to enjoy its attractions without sacrifice of his farm interests, and he must generally speaking, be less disposed than at any previous time to abandon his livelihood at its period of greatest returns. The idea that American farmers are in a mood to strike and intend to punish themselves and the rest of the country at the same time by curtailing their acreage will not for a moment be entertained.

The middleman, of course, is the farmers' Old Man of the Sea. But if their \$25,000,000,000 of income from the production of crops and live stock—an average income per farm of \$4,000—is conducing to make them discontented, it is the discontentment of prosperity and not of injustice.—New York World.

Anatomical Advice.

The phenologist should have a head for business.

The manicure should always have something on hand.

The pedicure should begin at the foot.

The gossip should not chin so much.

The pugilist should knock down to work.

The detective should nose around.

The physician should seek inside information.

The lover should get at the heart of the matter.

The beauty specialist should keep track of the latest wrinkles.

The oculist should have a eye to the main chance.

The artist should keep an ear to the ground.

The hair dresser should seize time by the forelock.

The dentist in swearing should only say, "By gum."

The dancer should toe the mark.

The contentment should manage to make both ends meet.

Chorus girls should be good at figures.

Cartoon's Magazine.

FOR LUMBAGO

Try Musterole. See How Quickly It Relieves

You just rub Musterole in briskly, and usually the pain is gone—a delicious, soothing comfort comes to take its place. Musterole is a clean, white ointment, made with oil of mustard. Use it instead of mustard plaster. Will not blister. Many doctors and nurses use Musterole and recommend it to their patients. They will gladly tell you what relief it gives from sore throat, bronchitis, croup, stiff neck, asthma, neuralgia, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frosted feet, colds of the chest. Always dependable.

30 and 60c jars; hospital size \$2.50.



WOULD REPEAL WHEAT CONTROL.

Favorable Report Ordered by Senate Agriculture Committee.

Washington, D. C., Feb. 6.—A favorable report on Senator Gronna's bill repealing the war-time measure under which the government controls wheat prices was ordered yesterday by the Senate agriculture committee. The vote was unanimous.

Under a committee amendment the United States grain corporation must conclude its business, pay into the treasury its profits, estimated at approximately \$50,000,000, and submit to Congress a complete report of its operations.

Washington, D. C., Feb. 6.—Boishevik sympathizers in Siberia have so torn up rails and ties along the Amur line of the trans-Siberian railway that it will take two years to repair it, according to Colonel J. L. Lantry of the American railway mission to Siberia, who came to Shanghai early in the winter on his way home to America. That part of the section of the railway, he said, had been under the care of the Japanese.

"What will happen in Siberia this winter," said Colonel Lantry, "is terrible to contemplate. Thousands and thousands of people there are going to die of privation. They have worn their only suits of clothing all summer and they have nothing more."

"In spite of all that the American Red Cross is doing there, and it is a tremendous work," he added, "unaccounted numbers will perish from cold and hunger. There is no warm clothing, no footwear and very, very little food."

Colonel Lantry, next to Colonel Emerson, has been in charge of the actual operating work attempted by the American railway experts. He has ended his work in Russia. Formerly he was first assistant to the vice president of the Northern Pacific railway.

Colonel Lantry said the Americans had made little improvement of the Siberian lines, due to the many difficulties encountered.

"Semenoff, the Cossack leader under Admiral Kolchak, who guarded part of the railway in the Chita district," Colonel Lantry said, "has been one of the many obstacles." (General Semenov has since been appointed commander-in-chief of the all-Russian armies).

"When I was on my way to Shanghai," Colonel Lantry added, "I passed through Andrianovka, 200 miles west of the Manchurian border, and I learned that just a few days before General Semenov had ordered the execution of 340 persons in that little town in a single day."

Colonel Lantry expressed the greatest admiration for the Russian railway workmen.

"They have been entirely loyal," he declared, "working for three or four months without pay, riding on tops of trains in bitter weather with never a caboose for shelter, poorly clad and taking trains daily through regions marked by frequent wrecks and de-

struction, colds and are miserable. But don't stay bilious or constipated. Feel splendid always by taking Cascarets occasionally. They act without gripping or inconvenience. They never sicken you like Calomel, Salts, Oil, or nasty, harsh Pills. They cost so little, too—Cascarets work while you sleep.—Adv.

"Pape's Cold Compound" is the quick, surest relief known and costs only a few cents at drug stores. It acts without assistance. Tastes nice. Contains no quinine. Insist on Pape's!—Adv.

Don't stay stuffed! Quit blowing and snuffing! A dose of "Pape's Cold Compound" taken every two hours until three doses are taken usually breaks up a cold and ends all grippe misery.

The very first dose opens your clogged-up nostrils and the air passages of your head; stops nose running; relieves the headache, dullness, feverishness, sneezing, soreness, stiffness.

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TO STIMULATE REGULAR ARMY RECRUITING

War Department Has Issued a Schedule for Allocation of Recruits by States to Specific Regiments.

Washington, D. C., Feb. 6.—To stimulate regular army recruiting and arouse local interest, the war department has issued to all recruiting officers over the country a schedule for allocation of recruits by states to specific regiments. Through this method of distribution, officials believe, each state will take a personal interest in the regiments to which its men are assigned.

The framework of a divisional organization on geographical lines is also set up. New England will make up one division, New York composes another, and similarly the whole country is covered.

Infantry and field artillery regiments will be allocated as to best identify each regiment with a separate state, according to the plan. Where the number of regiments is greater or less than the number of states comprising the divisional area, a regiment may be made up of recruits from more than one state.

The regiments to which recruits from each state will go are as follows:

Infantry recruits from Maine, New Hampshire, Vermont and Rhode Island will go to the 12th infantry, Hoboken, N. J.; from Massachusetts to the 36th at Camp Devens; from Connecticut to the 43d at Camp Lee, Va. Field artillery recruits from the six states will go to the 1st field artillery at Fort Sill, Okla.; coast artillery to the 42d coast artillery, Camp Eustis, Va.; cavalry to the 3d at Fort Ethan Allen, Vt.

Will Take Two Years.

To Repair Trans-Siberian Railway—Conditions Terrible to Contemplate.

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Just Yellow Mustard for Backache, Lumbago

Grandmother's old nussy mustard plaster or poultice generally brought relief all right, even in the severest cases, but it burned and blistered like blazes.

"Heat" cases pain, reduces the inflammation and seatters congestion, but you'll find that while Begy's Mustarine, made of true yellow mustard and other pain destroyers, is just as hot as the old-fashioned plaster it is much quicker, cleaner and more effective and cannot blister.

It's a great external remedy—just rub it on wherever aches, pains, inflammation, congestion or swelling exists, and in a very few minutes the relief comes. "Heat" cases pain, reduces the inflammation and seatters congestion, but you'll find that while Begy's Mustarine, made of true yellow mustard and other pain destroyers, is just as hot as the old-fashioned plaster it is much quicker, cleaner and more effective and cannot blister.

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